

CLAIMS

24. A method of enhancing exercise endurance in a subject undertaking exercise comprising administering to the subject a composition comprising (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof, as active ingredient.

25. A method of enhancing exercise endurance in a subject undertaking exercise comprising administering to the subject a composition comprising (-)-hydroxycitric acid or a water-soluble salt of (-)-hydroxycitric acid as active ingredient.

26. The method of claim 24 wherein the active ingredient originates from an extract of garcinia pericarps containing (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof.

27. The method of claim 25 wherein the active ingredient originates from an extract of garcinia pericarps containing (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof.

28. The method according to claim 26, wherein the garcinia is *Garcinia cambogia*, *Garcinia indica* or *Garcinia atroviridis*.

29. The method according to claim 27, wherein the garcinia is *Garcinia cambogia*, *Garcinia indica* or *Garcinia atroviridis*.

30. The method according to claim 25 wherein the water-soluble salt of (-)-hydroxycitric acid is the sodium salt or the potassium salt.

31. The method according to claim 27, wherein the water-soluble salt of (-)-hydroxycitric acid is the sodium salt or the potassium salt.

[32. A method of enhancing exercise endurance in a subject undertaking exercise comprising administering to the subject a food composition comprising a food and (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof, as active ingredient.]

[33. A method of enhancing exercise endurance in a subject undertaking exercise comprising administering to the subject a food composition comprising a food and (-)-hydroxycitric acid or a water-soluble salt of (-)-hydroxycitric acid as active ingredient.]

[34. The method of claim 32, wherein the active ingredient originates from an extract of garcinia pericarps containing (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof.]

[35. The method of claim 33, wherein the active ingredient originates from an extract of garcinia pericarps containing (-)-hydroxycitric acid or a lactone form thereof, or a salt thereof.]

[36. The method according to claim 34 or 35, wherein the garcinia is *Garcinia cambogia*, *Garcinia indica* or *Garcinia atroviridis*.]

[37. The method according to claim 33, wherein the water-soluble salt of (-)-hydroxycitric acid is the sodium salt or the potassium salt.]

[38. The method of any one of claims 32-35 or 37 wherein the food is a confection, a drink, a sport food, a sport drink, a health food, a seasoning, a food ingredient, a noodle, a bakery food, a cereal food or a retort food.]

[39. The method of claim 36 wherein the food is a confection, a drink, a sport food, a sport drink, a health food, a seasoning, a food ingredient, a noodle, a bakery food, a cereal food or a retort food.]

40. The method of any one of claims 24-31 wherein the composition further comprises a food.

41. The method of claim 40, wherein the food is a confection, a drink, a sport food, a sport drink, a health food, a seasoning, a food ingredient, a noodle, a bakery food, a cereal food or a retort food.